

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



NINJA®

SMOOTHIE MAKER



TIPS FOR YOUR SINGLE-SERVE CUP



LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next.
For thinner results or a juice-like drink, add more liquid as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 2.5cm chunks. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure build-up that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

SMOOTHIES & DRINKS



LEAN GREEN NINJA

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

60g fresh pineapple, 2.5cm chunks

60g fresh mango, 2.5cm chunks

1/2 small banana, peeled

60g spinach

60g kale leaves

60ml water

60g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





WATERMELON RASPBERRY CLEANSER

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

140g watermelon, 2.5cm chunks

75g raspberries

60ml water

125g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





POWERBALL SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 small banana, peeled

180g unsweetened coconut milk

1/2 teaspoon unsweetened cocoa powder

180g frozen blueberries

DIRECTIONS

1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.

2 Blend until smooth.

3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





BERRY TROPICAL SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

40g strawberries, hulled

40g blueberries

110g fresh mango, 2.5cm chunks

50g fresh pineapple, 2.5cm chunks

5g spinach, packed

60ml water

60g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





GINGER GREENS

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

2 kiwis, peeled and quartered
1/4 ripe avocado, pitted and peeled
1 date, pitted and halved
1 cm fresh ginger, peeled
15g kale leaves
5g coriander leaves
5ml lime juice
60ml coconut water
60g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





BRIGHT SIDE MOCHA

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 banana, peeled
60ml brewed coffee, chilled
120ml almond milk
1 1/2 teaspoon almond butter
1 teaspoon unsweetened cocoa powder
1 teaspoon agave nectar
230g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

DO NOT BLEND HOT INGREDIENTS

SMOOTHIES &
DRINKS





BERRIES GALORE

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE

MAKES: 1 SERVING

INGREDIENTS

5 strawberries, hulled and halved
1 orange, peeled and quartered
60ml coconut water
70g frozen blueberries
60g ice

DIRECTIONS

- 1** Place ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





TOP O' THE MORNIN'

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 small banana, peeled and quartered
1 orange, peeled and quartered
240ml vanilla almond milk
1/2 teaspoon ground cinammon
1 scoop whey protein powder
120g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &
DRINKS





COOL HONEYDEW CUCUMBER

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/4 medium cucumber, peeled and halved

80g honeydew melon, 2.5cm chunks

100g fresh pineapple, 2.5cm chunks

DIRECTIONS

- 1** Place all of the ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





SUNSHINE PICK ME UP

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 small banana, peeled and halved
1/2 medium cucumber, halved
1/2 lime, peeled
200g fresh pineapple, 2.5cm chunks
175ml coconut water
1 scoop vanilla protein powder
60g ice

DIRECTIONS

- 1** Place all of the ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &
DRINKS



NINJA[®]

SMOOTHIE MAKER

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